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Introduction

- Postpartum occurs in approximately 11% of pregnant women.
- Postpartum depression can cause significant suffering for the mother and leave lasting effect on the social, emotional, and cognitive development of the infant.
 - Infants as young as three months of age are able to detect the affective quality displayed by their mothers and modify their own affective displays.
 - Cognitive skills, expressive language development, and attention have been adversely affected by maternal depression.
- Risk factors for postpartum depression include:
 - Previous history of postpartum depression (25-50% will have recurrence)
 - Prenatal depressive symptoms (RR 5.6)
 - History of major depressive disorder (RR 4.5)
 - Poor social support (RR 2.6)
 - Major life events or stressors during pregnancy (RR 2.5)
 - Family history of postpartum depression (RR 2.4)
 - Socioeconomic status and obstetric complications have NOT been shown to be significant risk factors.

Detection of Postpartum Depression

- Onset can occur within 24 hours to several months after birth of the child.
- Symptoms can range from mild to severe and may be abrupt or insidious. Mothers are more likely to seek help when symptoms are abrupt and severe, however, diagnosis may be difficult with an insidious onset.
- Factors complicating detection of postpartum depression include:
 - Most mothers expect a period of adjustment after birth and may not understand what they are experiencing is not within the norm.
 - Social pressures to be a “good mother” may prevent recognition and admittance of depression out of shame and fear.
 - Women who did not receive their prenatal care from a family physician may be confused about whom to turn to.

- Physicians may contribute to delayed detection of postpartum depression by minimizing a woman's distress in an effort to be reassuring.
- To overcome significant barriers to detection of postpartum depression, family physicians should develop formal mechanisms to screen and to identify symptoms. However, there is no evidence to support a recommendation for universal screening. Screening should be highly considered for high risk groups.
- Many tools for formal screening are available. Edinburgh postnatal depression scale appears to be the most acceptable although other tools are available. According to a study from Australia, the 10-item Edinburgh Postnatal Depression Scale with a threshold score of 12.5 was able to detect postpartum depression with 100% sensitivity and specificity of 95.5%. AAFP recommends Edinburgh given its ease of use and the ability to quickly assess postpartum depression. (Included in this handout)
 - Other tools include: Patient Health Questionnaire (PHQ-9), Hospital Anxiety and Depression Scale (HADS).
- **Screening tools should NOT override clinical judgment.**

Diagnosis

- Postpartum depression is distinct from "baby blues" by severity and duration. "Baby blues" typically peak 4-5 days after delivery and resolve by the 10th postnatal day. Symptoms are similar to postpartum depression and may include: mild depressive symptoms, tearfulness, anxiety, irritability, mood lability, and fatigue.
- Although no strict definition of postpartum depression exists, most sources agree on the same set of criteria for major depressive disorder. These symptoms include:
 - Depressed mood
 - Lack of pleasure or interest
 - Sleep disturbance (insomnia or hypersomnia)
 - Weight loss
 - Loss of energy
 - Agitation or retardation
 - Feelings of worthlessness or inappropriate guilt
 - Diminished concentration, or indecisiveness

Table 2. Distinguishing Between "Baby Blues" and Postpartum Major Depression

<i>Characteristic</i>	<i>Baby blues</i>	<i>Postpartum major depression</i>
Duration	Less than 10 days	More than two weeks
Onset	Within two to three days postpartum	Often within first month; may be up to one year
Prevalence	80 percent	5 to 7 percent
Severity	Mild dysfunction	Moderate to severe dysfunction
Suicidal ideation	Not present	May be present

- Frequent thoughts of self-harm, death, or suicide
- Thoughts of hurting the baby
 - Up to 60% of women with postpartum depression have obsessive thoughts focusing on aggression towards the infant. These thoughts do not represent a desire to hurt the infant but may lead to avoidance of the infant in an effort to minimize the thoughts. Shame and guilt associated with these intrusive images or thoughts can reduce the likelihood of divulging this symptom.
 - For example, "Many women with postpartum major depression have thoughts or images of hurting their baby. Has this happened to you? What did you do in response to them?"
- Postpartum Depression should be differentiated from other disorders:
 - History of mania or hypomania may indicate bipolar disorder. Screening questions for mania include: (Positive answer should prompt referral to psychiatrist.)
 - Given 8% of women have postpartum autoimmune thyroiditis with hypothyroidism, screening for hypothyroidism should be performed on women suspected to have postpartum depression.

Treatment

- Nonpharmacological
 - Individual or group psychotherapy is an effective treatment for mild to moderate postpartum depression.
 - Psychotherapy can be used as an adjunct therapy with medication in moderate to severe postpartum depression.
 - Most common psychotherapy are interpersonal therapy and cognitive behavioral therapy. Both modalities have been shown to be effective in individual and group settings for treating postpartum depression.
 - Exercise, adequate exposure to morning light, and support from others are encouraged by many physicians as adjuncts to other treatments for women with postpartum depression.
 - Light therapy has not shown to be effective. Acupuncture, yoga, and exercise have not been studied sufficient.
 - Sample postpartum action plan is attached (<http://familydoctor.org/871.xml>)

- Pharmacological
 - Selective serotonin reuptake inhibitors (SSRI) have become the mainstay of treatment for moderate to severe postpartum depression. The table below includes the most common SSRI used, but no study has shown one drug is more effective than other.

Table 3. Antidepressant Medications for Postpartum Major Depression

<i>Drug</i>	<i>Starting dosage</i>	<i>Usual treatment dosage</i>	<i>Maximal dosage</i>	<i>Adverse effects</i>
Selective serotonin reuptake inhibitors				
Citalopram (Celexa)	10 mg	20 to 40 mg	60 mg	Headache, nausea, diarrhea, sedation, insomnia, tremor, nervousness, loss of libido, delayed orgasm
Escitalopram (Lexapro)	5 mg	10 to 20 mg	20 mg	
Fluoxetine (Prozac)	10 mg	20 to 40 mg	80 mg	
Paroxetine (Paxil)	10 mg	20 to 40 mg	50 mg	
Sertraline (Zoloft)	25 mg	50 to 100 mg	200 mg	
Serotonin-norepinephrine reuptake inhibitors				
Desvenlafaxine, extended release (Pristiq)	50 mg	50 mg	100 mg	Headache, nausea, diarrhea, sedation, insomnia, tremor, nervousness, loss of libido, delayed orgasm, sustained hypertension
Duloxetine (Cymbalta)	20 mg	30 to 60 mg	60 mg	Same as selective serotonin reuptake inhibitors
Venlafaxine, extended release (Effexor XR)	37.5 mg	75 to 300 mg	300 mg	Same as desvenlafaxine
Other antidepressants				
Bupropion, extended release (Wellbutrin XL)	150 mg	150 to 300 mg	450 mg	Seizures (0.4 percent), agitation, dry mouth, sweating, nausea
Bupropion, sustained release	100 mg	200 to 300 mg (divided, twice per day)	450 mg	

NOTE: There is no evidence to suggest that one antidepressant is superior to another in treating women with postpartum major depression who are not breastfeeding. The choice of medication should be driven primarily by the patient's history of response and tolerability.

Information from reference 16.

- For breastfeeding mothers using antidepressants, pooled analysis have shown that:
 - Infant serum levels of sertraline, paroxetine, and nortriptyline were usually undetectable.
 - Detectable levels of fluoxetine and citalopram have been found in infant serum, but the milk-to-plasma ratio remains well below the standard acceptable level of 0.1.
 - Case reports cite adverse effects in some breastfed infants of mothers taking fluoxetine, citalopram, or bupropion.

- Infants should be monitored for symptoms such as persistent irritability, decreased feeding, or poor weight gain. Formula feeding should be considered in women with severe depression that requires medication implicated in adverse effects for the infant.
- When prescribing antidepressants, consider the patient's experience with antidepressants.
- Consider starting medication at low dosage and titrate after four days.
- Use the Edinburgh Postnatal Depression Scale to monitor progress over time.
- After the symptoms are in remission, treatment is typically continued for 6-9 months of euthymia before tapering the medication. Tapering over two weeks, especially for paroxetine, extended-release venlafaxine, and extended-release desvenlafaxine can prevent influenza-like symptoms of discontinuation syndrome.
- Estrogen therapy has been studied as been studied as a treatment for postpartum depression but data has considerable limitations. More research is needed.

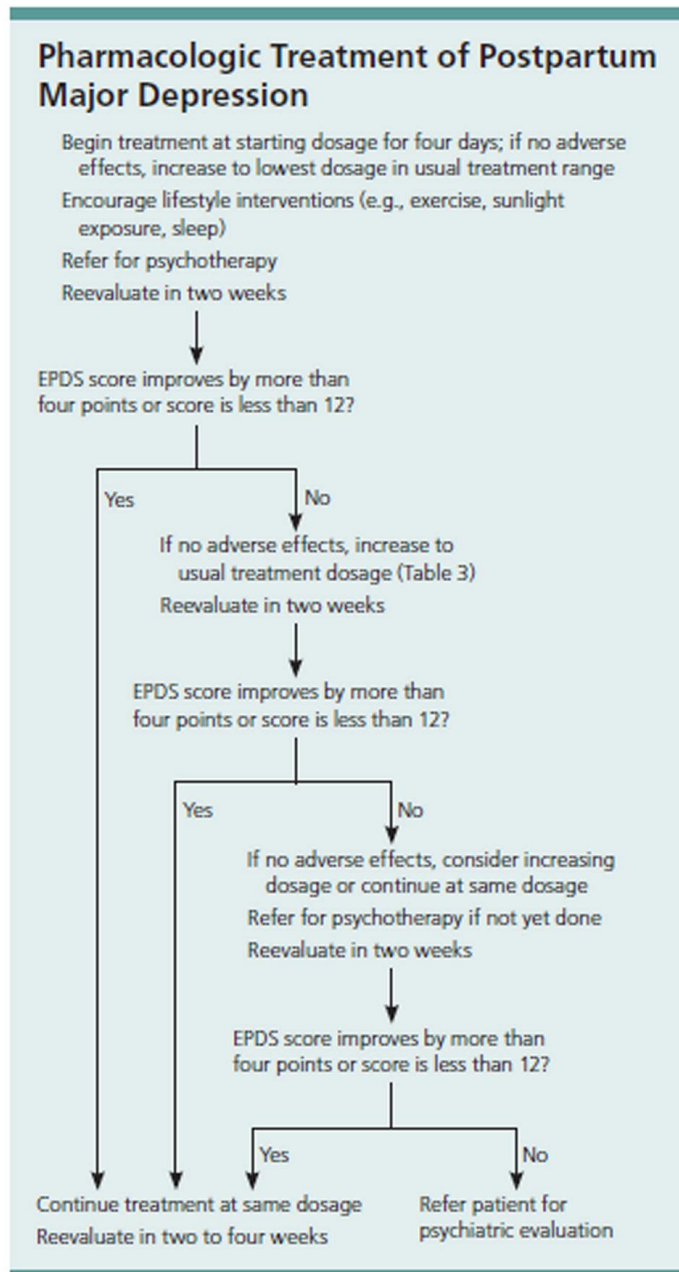


Figure 2. Pharmacologic treatment algorithm for postpartum major depression. (EPDS = Edinburgh Postnatal Depression Scale.)

Sources:

- American Academy of Family Physicians – Postpartum Major Depression (1999, 2010)
- Wisner KL, Moses-Kolko EL, Sit DK. *Postpartum depression: a disorder in search of a definition*. Arch Womens Ment Health. 2010 Feb;13(1):37-40.
- Paulden M, Palmer S, Hewitt C, Gilbody S. *Screening for postnatal depression in primary care: cost effectiveness analysis*. BMJ. 2009 Dec 22;339:b5203
- Field T. *Postpartum depression effects on early interactions, parenting, and safety practices: a review*. Infant Behav Dev. 2010 Feb;33(1):1-6

Edinburgh Postnatal Depression Scale

Use of the scale is contained within the following table. In summary, the scale screens for symptoms that have occurred in the past week. The questions can be repeated after 2 weeks. Questions are scored 0-3, and the postpartum depression is suspected for score > 13.

Edinburgh Postnatal Depression Scale

Postpartum depression is the most common complication of childbearing.¹⁶ The 10-question Edinburgh Postnatal Depression Scale (EPDS) is a valuable and efficient way of identifying patients at risk for "perinatal" depression. The EPDS is easy to administer and has proven to be an effective screening tool.

Mothers who score above 13 are likely to be suffering from a depressive illness of varying severity. The EPDS score should not override clinical judgment. A careful clinical assessment should be carried out to confirm the diagnosis. The scale indicates how the mother has felt **during the previous week**. In doubtful cases it may be useful to repeat the tool after 2 weeks. The scale will not detect mothers with anxiety neuroses, phobias or personality disorders.

Women with postpartum depression need not feel alone. They may find useful information on the web sites of the National Women's Health Information Center (www.womenshealth.gov/) and from groups such as Postpartum Support International (www.postpartum.net/) and Depression after Delivery (www.depressionafterdelivery.com/).

SCORING

QUESTIONS 1, 2, and 4 (without an *) Are scored 0, 1, 2 or 3 with top box scored as 0 and the bottom box scored as 3.

QUESTIONS 3, 5-10 (marked with an *) Are reverse scored, with the top box scored as a 3 and the bottom box scored as 0.

Maximum score: 30

Possible depression: 10 or greater

Always look at item 10 (suicidal thoughts)

Instructions for using the Edinburgh Postnatal Depression Scale:

1. The mother is asked to check the response that comes closest to how she has been feeling in the previous 7 days.
2. All the items must be completed.
3. Care should be taken to avoid the possibility of the mother discussing her answers with others. (Answers come from the mother or pregnant woman.)
4. The mother should complete the scale herself, unless she has limited English or has difficulty with reading.

continued

Edinburgh Postnatal Depression Scale *(continued)*

Name: _____ Address: _____

Your date of birth: _____

Baby's date of birth: _____ Phone: _____

As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you have felt **IN THE PAST SEVEN DAYS**, not just how you feel today.

Here is an example, already completed.

I have felt happy:

- ☐ Yes, all the time
☒ Yes, most of the time (This would mean: "I have felt happy most of the time" during the past week.)
☐ No, not very often
☐ No, not at all

Please complete the other questions in the same way.

In the past 7 days:

1. I have been able to laugh and see the funny side of things
☐ As much as I always could
☐ Not quite so much now
☐ Definitely not so much now
☐ Not at all
2. I have looked forward with enjoyment to things
☐ As much as I ever did
☐ Rather less than I used to
☐ Definitely less than I used to
☐ Hardly at all
- *3. I have blamed myself unnecessarily when things went wrong
☐ Yes, most of the time
☐ Yes, some of the time
☐ Not very often
☐ No, never
4. I have been anxious or worried for no good reason
☐ No, not at all
☐ Hardly ever
☐ Yes, sometimes
☐ Yes, very often
- *5. I have felt scared or panicky for no very good reason
☐ Yes, quite a lot
☐ Yes, sometimes
☐ No, not much
☐ No, not at all
- *6. Things have been getting on top of me
☐ Yes, most of the time I haven't been able to cope at all
☐ Yes, sometimes I haven't been coping as well as usual
☐ No, most of the time I have coped quite well
☐ No, I have been coping as well as ever
- *7. I have been so unhappy that I have had difficulty sleeping
☐ Yes, most of the time
☐ Yes, sometimes
☐ Not very often
☐ No, not at all
- *8. I have felt sad or miserable
☐ Yes, most of the time
☐ Yes, quite often
☐ Not very often
☐ No, not at all
- *9. I have been so unhappy that I have been crying
☐ Yes, most of the time
☐ Yes, quite often
☐ Only occasionally
☐ No, never
- *10. The thought of harming myself has occurred to me
☐ Yes, quite often
☐ Sometimes
☐ Hardly ever
☐ Never

Figure 1. Edinburgh Postnatal Depression Scale.

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Translations of the scale, and guidance as to its use, may be found in Cox JL, Holden J. Perinatal Mental Health: A Guide to the Edinburgh Postnatal Depression Scale. London: Gaskell; 2003. Additional information from reference 16.

Postpartum Depression

What is postpartum depression?

It is a serious form of depression that comes after giving birth. As many as four out of five women have mood changes in the first 10 days after giving birth. This is often called “baby blues.” If the symptoms are more severe and last for more than 10 days, it is called postpartum depression.

Some women feel better within a few weeks. Others may feel depressed for several months. Women who have more serious symptoms or who have had depression before may take longer to feel better.

What are the symptoms?

Symptoms may include sadness, anxiety, and crying. Some women may worry too much about their baby, or be afraid of making mistakes in caring for their baby. They also may find it hard to concentrate or fall asleep. Some women may lose interest in things they used to enjoy.

It is normal to worry a bit after having a baby. However, worrying too much can keep you from taking care of yourself and your family.

Some women with postpartum depression have pictures or thoughts pop into their mind about hurting their baby. These thoughts can be very upsetting, and do not mean that these women really want to hurt their baby. This is a common symptom of postpartum depression and will go away with treatment. Talk to your doctor if this happens to you.

Women with severe postpartum depression may think that life is not worth living, or that

their baby or family would be better off without them. Call your doctor right away if you are having these thoughts.

What causes it?

The causes are unclear. Some women are very sensitive to the hormone changes in their body after childbirth, which may cause depression. Feeling this way does not mean that you are a bad person.

Who gets it?

Any woman can get it, but certain factors make it more likely. These include:

- Previous depression, especially during pregnancy or after childbirth
- Difficult or stressful personal relationships
- Few family members or friends to talk to
- Other stressful life events during pregnancy or after childbirth

How is it treated?

Your doctor may prescribe an antidepressant medicine. He or she may also recommend individual or group therapy.

Can I take medicine for postpartum depression if I am breastfeeding?

Yes. The amount of medicine that enters the breast milk is very small and not likely to harm your baby. Not treating your depression is more likely to harm your baby. Untreated depression can lead to poor mother-baby bonding, delays in growth and development, and an increased risk of depression for your child later in life.



AMERICAN ACADEMY OF
FAMILY PHYSICIANS

continued 

Postpartum Depression *(continued)*

What else can I do to feel better?

It is important to remember that many other women have these feelings. Talk with your doctor about making an action plan with specific ideas for things you can do to help you feel better.

Where can I get more information?

Your doctor

AAFP's Patient Education Resource

Web sites: <http://familydoctor.org/379.xml>
and <http://familydoctor.org/871.xml>

American College of Obstetricians and
Gynecologists

Web site: [http://www.acog.org/publications/
patient_education/bp091.cfm](http://www.acog.org/publications/patient_education/bp091.cfm)

MedEd: Postpartum depression resource

Web site: <http://mededppd.org/mothers/>

Medline Plus: Postpartum depression

Web site: [http://www.nlm.nih.gov/
medlineplus/postpartumdepression.html](http://www.nlm.nih.gov/medlineplus/postpartumdepression.html)

Postpartum Support International

Web site: <http://www.postpartum.net>

U.S. Department of Health and Human

Services: Office on Women's Health

Web site: [http://www.womenshealth.gov/faq/
depression-pregnancy.cfm](http://www.womenshealth.gov/faq/depression-pregnancy.cfm)

Notes:

October 2010

This handout is provided to you by your family doctor and the American Academy of Family Physicians. Other health-related information is available from the AAFP online at <http://familydoctor.org>.

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Parenting Guide September 22, 2010

Child Abuse

Children's Protective Services .. 1-877-881-1116
National Child Abuse Hotline..... 1-800-422-4453
A Step Forward925-685-9670

Child Abuse Prevention

Child Abuse Prevention Council ..
 Antioch925-755-4200
 Concord925-798-0546
Children's & Family Services
 Antioch925-522-7400
 Pleasant Hill.....925-602-9300
 Richmond510-231-8100

Child Care/Child Care Subsidies

CC Child Care Council—Central ..925-676-5437
 East925-778-5437
 Far East.....925-513-7900
 West510-758-5439
Child Care Eligibility List (CEL) ..925-676-8570

CRISIS CHILD CARE

Bay Area Crisis Nursery (Ages 0-5) ..925-685-8052
Dahlstrom House (Ages 6-12)925-685-3695

Child Custody/Visitation

Bay Area Legal Aide West County ..510-250-5270
 East/Central County925-219-3325
Safe 4 Us Program.....510-237-0113
 (Community Violence Solutions)
STAND!1-888-215-5555

Child/Family Counseling

Access Mental Health Appointment Line for Contra Costa County: Mental Health Crisis Unit, Central/East/West County Youth/Families/Adult Services1-888-678-7277
Community Counseling Center ..925-798-9240
 (John F. Kennedy University)
Concord Family Services Center..925-825-3099
 (Catholic Charities of the East Bay)
Familias Unidas Counseling & Information
 Antioch925-755-7775
 Brentwood925-634-4445
 Richmond.....510-412-5930
Community Health for Asian Americans
 Antioch925-778-1667
 San Pablo.....510-233-7555
Early Childhood Mental Health ..510-412-9200
 (Children ages 0-6)
Family Institute of Pinole510-741-7286
Family Institute of Richmond.....510-734-7028
Family Stress Center – Antioch.....925-706-8477
 Concord.....925-827-0212
STAND!925-603-5752
YWCA Mental Health Program.....925-372-4213

Wraparound Services/Case Management

Community Health for Asian Americans
 Richmond.....510-233-7555
Early Childhood Mental Health ..510-412-9200
Families in Transition.....510-236-5812
 (Opportunity West)
Familias Unidas Counseling Antioch 925-755-7775
 Brentwood925-634-4445
 Richmond510-412-5930
Wraparound Services.....510-236-5812
 (We Care Services for Children)

Court Ordered Anger Management Classes

Alpha Family Services510-435-5298
 Concord.....925-827-0212
Crockett Counseling Center925-370-6544
Family Stress Center – Antioch.....925-706-8477
Mt. Diablo Adult Education925-685-7340

Peace Creations925-988-9505
Saving Our Sons and Daughters ..925-432-4200
St. Joseph's Center for the Deaf ..510-881-2248
STAND!1-888-215-5555
Touchstone Counseling Services 925-932-0150

Court Ordered Parenting Classes

Crockett Counseling Center925-370-6544
Mt. Diablo Adult Education925-685-7340
Peace Creations925-988-9505
Touchstone Counseling Services 925-932-0150

Dental

Brookside Community Health Center
 Richmond510-215-5001
 San Pablo.....510-215-9092
Contra Costa Health Services Dental Clinics
1-877-905-4545
 Bay Point, Martinez, Pittsburg, Richmond
La Clínica Pittsburg Dental Clinic 925-431-1251
La Clínica Monument925-363-2005
Dental Hygiene Clinic.....925-685-1230
 (Diablo Valley College).....Ext.2534
University California San Francisco Dental School.....415-476-1891
University of the Pacific Dental School - SF415-929-6501
 Union City.....510-489-5200
Denti-Cal/Medi-Cal Dental Program
1-800-322-6384

Expectant/New Parent

BREASTFEEDING
Contra Costa Breastfeeding Advice Line
1-866-878-7767
La Leche League1-877-452-5324
NEW PARENT
Hand to Hand Collaborative510-307-4401
Kit for New Parents925-755-4200
 (Child Abuse Prevention Council)
Newborn Connections.....925-798-0546
 (Child Abuse Prevention Council)
Prenatal Care Guidance925-313-6261
 Pittsburg925-431-2421
 Richmond510-231-8506
 (CC Health/First 5)
Welcome Home Baby925-943-2750
 (Aspiranet)

Eye Exam/Glasses/Hearing Aids

California Vision Project1-800-877-5738
University California Berkeley Eye Care Center.....510-642-2020
Hear NOW1-800-648-4327
Lions Hearing Foundation, East Bay
925-687-3883

Financial Assistance

CalWORKs (Families)925-602-9379
Consumer Credit Counseling1-866-889-9347
Critical Family Needs (Concord).....925-825-3099
 (Brentwood).....925-308-7775
Season of Sharing925-521-5065

First 5 Centers

Antioch First 5 Center.....925-757-5303
Bay Point First 5 Center.....925-709-1598
Delta First 5 Center.....925-516-3880
Monument Community First 5 Center 925-671-3267
West County First 5 Center.....510-232-5650

Food

Food Bank of Contra Costa & Solano
 Groceries, pantries, meals1-800-870-FOOD
Food Pantries / Soup Kitchens ..211

Food Stamps Antioch.....925-706-4980
 Brentwood.....925-513-3720
 Hercules510-262-7700
 Pleasant Hill.....925-602-9379
 Richmond, Hall Avenue.....510-231-8100
 Richmond, Macdonald Ave.....510-412-3000
Loaves & Fishes Dining Rooms ..925-687-6760
 Antioch, Martinez, Oakley
Monument Crisis Center925-825-7751
WIC Program.....1-800-414-4942
 (Pregnant women breastfeeding or with children 0-5)

Health Insurance - 0-18

Basic Health Care (BHC)1-800-771-4270
Child Health & Disability Prevention (CHDP)
1-800-696-9644
Contra Costa Health Plan Options For Kids Only1-800-211-8040
Healthy Families1-800-880-5305
Kaiser Child Health Plan1-800-255-5053
HEALTHCARE INSURANCE ASSISTANCE
Health Access Line1-877-503-9350
US Uninsured Help Line.....1-800-234-1317
www.coverageforall.org

Homeless Families

Bay Area Rescue Mission Shelters
 Men. 510-215-4868 Women/families.510-215-4860
Brookside Shelter (San Pablo).....1-800-799- 6599
 Women, pregnant women
Concord Shelter1-800-799-6599
 Women, pregnant women
Casa Vicentia (pregnant women).....510-729-0316
GRIP Resource Center510-233-2141
HPRP Rapid Re-Housing.....925-957-7575
Love-A-Child Shelter (Bay Point) ..925-458-5663
Mary's House (pregnant women).....510-236-0383
Shepherd's Gate925-308-7507
Transitional and Interim Housing 925-335-0698
 (Shelter Inc.)

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Call 211
www.211database.org

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Housing

Housing Authority of Contra Costa County
(Administration)..... 925-957-8000
HPRP Prevention Services 925-957-7575
Pittsburg Housing Authority 925-252-4830
Richmond Housing Authority 510-621-1300

LANDLORD/TENANT

Pacific Community Services 925-439-1056
Tenant/Landlord Counseling 1-800-261-2298
(Housing Rights, Inc.)

RENTAL ASSISTANCE

Brentwood Family Service Center .. 925-308-7775
Concord Family Service Center .. 925-825-3099
Shelter, Inc...... 925-335-0698

Kinship Support Services

Kinship Support Services Antioch 925-706-8477
Concord 925-602-1750
Richmond 510-215-4671
(EMQ FamiliesFirst)
Second Time Around 925-689-0176
Grandparents Support Group

LGBTQ Parenting

Children of Lesbians & Gays Everywhere
(COLAGE)..... 415-861-5437
Local LGBTQ Resources

..... www.EastbayPride.com
Gay & Lesbian National Hotline 1-888-843-4564
Parents, Families & Friends of Lesbians & Gays
(PFLAG)—Internet to find local group .. www.pflag.org
Rainbow Community Center 925-692-0090

Medical Care

Advice Nurse..... 1-877-661-6230
Brookside Community Health Center
Richmond..... 510-215-5001
San Pablo..... 510-215-9092
Contra Costa Health Services Health Centers
..... 1-877-905-4545
Antioch, Bay Point, Brentwood, Concord, Martinez,
Pittsburg, Richmond
La Clínica Monument 925-363-2005
La Clínica Pittsburg..... 925-431-1251
Mobile Health Clinic..... 925-513-3107
Planned Parenthood..... 1-800-230-PLAN
RotaCare Clinic Concord 925-429-6409
Sutter Delta Charity Care
Antioch 925-779-3676

Parent/Child Activity Groups

Acalanes Adult Education 925-280-3980
Antioch First 5 Center 925-757-5303
Bay Point First 5 Center 925-709-1598
Delta First 5 Center..... 925-516-3880
Family Literacy Program 510-236-3900
(Catholic Charities of the East Bay)
Irvin Deutscher Family YMCA..... 925-687-8900
Monument Community First 5 Center 925-671-3267
Mt. Diablo Adult Education 925-685-7340
West County First 5 Center 510-232-5650

Parenting Education Classes

Family Literacy Center 510-236-3900
(Catholic Charities of the East Bay)
Martinez Adult Education 925-228-3276
Mt. Diablo Adult Education 925-685-7340
Multilingual, Multicultural 925-372-4213
(YWCA of Contra Costa)
Positive Parenting Program 925-706-8477
(Stand! For Families Free of Violence)

Postpartum Depression

Postpartum Depression (PPD) Helpline
..... 1-800-944-4773
Prenatal Care Guidance 925-313-6261
Pittsburg 925-431-2421
Richmond 510-231-8506
(CC Health/First 5)
Welcome Home Baby 925-943-2750
(Aspiranet)

Pregnancy/Prenatal Care

Black Infant Health Richmond..... 510-236-6990
(Brighter Beginnings)
Healthy Start Martinez 925-370-5495
Pittsburg 925-431-2345
Richmond 510-231-1340
Planned Parenthood Antioch..... 1-800-230-PLAN
Concord, Richmond, San Ramon, Walnut Creek
Prenatal Care Guidance 925-313-6261
Pittsburg 925-431-2421
Richmond 510-231-8506
(CC Health/First 5)
Safely Surrendered Baby 1-800-833-2900
Teen Family Support Antioch 925-757-5303
Richmond 510-236-6990
(Brighter Beginnings)

SUBSTANCE ABUSE & PREGNANCY

Perinatal Outpatient Substance Abuse
(New Connections) 925-363-5000
Ujima East..... 925-427-9100
Ujima West 510-215-2280
Wollam House 925-458-1978

Special Needs Services

Area Developmental Disabilities Board 5
..... 510-286-0439
Asian Community Mental Health .. 510-451-6729
Bay Area Crisis Nursery (Ages 0-5) .. 925-685-8052
Bay Respite Care 1-888-644-449
Blind Babies Foundation 510-446-2229
California AT Network 1-800-390-2699
California Children's Services ... 925-313-6100
CARE Parent Network 1-800-281-3023
Center for Accessible Technology .. 510-841-3224
Child Care Solutions 925-686-0207
Children & Adults Having Attention Deficit
Disorders (CHADD) 1-888-759-9458
Contra Costa ARC 925-370-1818
Deaf Counseling, Advocacy & Referral
(DCARA) 1-877-322-7288
Developmental Disabilities Council .. 925-313-6836
Down Syndrome Connection 925-362-8660
Early Childhood Mental Health.... 510-412-9200
Early Intervention Services

School district phone numbers
West Contra Costa Unified School District
..... 510-233-1955
Mt. Diablo Unified School District .. 925-825-0144
San Ramon, Orinda, Moraga, Lafayette,
Walnut Creek Districts 925-743-9710
Contra Costa County Office of Education
(for other school districts) 925-625-6330
Easter Seals Bay Area..... 510-835-2131
LightHouse for the Blind and Visually
Impaired 415-431-1481
Lynn Center Early Intervention Services
Children Birth to Six..... 925-439-7516
Medically Vulnerable Infant Program (MVIP)
..... 925-313-6920
National Fragile X Society..... 1-800-688-8765
Regional Center of the East Bay .. 925-798-3001
Respite Care Program 510-834-2443
(Family Support Services of the Bay Area)
Respite Program..... 510-527-2550
(Ala Costa Center)

Special Needs Child Care Project 925-676-5442
(Contra Costa Child Care Council)
Through The Looking Glass 1-800-644-2666
United Cerebral Palsy of the Golden Gate
..... 510-832-7430
We Care Children's Center 925-671-0777

Teen Parents

Adolescent Family Life Antioch..... 925-757-5303
Richmond (Brighter Beginnings) 510-236-6990
Cal-Learn Antioch 925-757-5303
Richmond (Brighter Beginnings) 510.236.6990
Chicks in Crisis 925-408-7699
Crossroads Alternative School . . 925-689-6852
Liberty Adult Education(Teens) . . 925-634-2565
RYSE Youth Center 510-374-3401
Teen Parenting Classes 925-706-5365
(Antioch Adult Education)
Teen Resource Center 510-236-5812

Need help and
don't know
where to go?

Call 211
24/7 Spanish & English

For more resource
information, go to:
www.211database.org

This resource guide is a
collaborative effort of the
Contra Costa Crisis Center and
First 5 Contra Costa



Changes: 211database@crisis-center.org

Abuso Infantil

Children's Protective Services .. 1-877-881-1116
National Child Abuse Hotline..... 1-800-422-4453
A Step Forward925-685-9670

Prevención del Abuso Infantil

Child Abuse Prevention Council ..
 Antioch925-755-4200
 Concord925-798-0546
Children's & Family Services
 Antioch925-522-7400
 Pleasant Hill925-602-9300
 Richmond510-231-8100

Cuidado de Niños

CC Child Care Council—Central ..925-676-5437
 East925-778-5437
 Far East925-513-7900
 West510-758-5439
Child Care Eligibility List (CEL) ..925-676-8570
CRISIS CHILD CARE
Bay Area Crisis Nursery (Niños 0-5) ..925-685-8052
Dahlstrom House (Niños 0-5)925-685-3695

Custodia de Niños/Visitas

Bay Area Legal Aide West County ..510-250-5270
 East/Central County925-219-3325
Safe 4 Us Program.....510-237-0113
 (Community Violence Solutions)
STAND!1-888-215-5555

Consejería para Niños/Familia

Access Mental Health Appointment Line for Contra Costa County: Mental Health Crisis Unit, Central/East/West County Youth/Families/Adult Services1-888-678-7277
Community Counseling Center ..925-798-9240
 (John F. Kennedy University)
Concord Family Services Center..925-825-3099
 (Catholic Charities of the East Bay)
Familias Unidas Counseling & Information
 Antioch925-755-7775
 Brentwood925-634-4445
 Richmond.....510-412-5930
Community Health for Asian Americans
 Antioch925-778-1667
 San Pablo510-233-7555
Early Childhood Mental Health ..510-412-9200
 (Children ages 0-6)
Family Institute of Pinole510-741-7286
Family Institute of Richmond.....510-734-7028
STAND!925-603-5752
YWCA Mental Health Program.....925-372-4213

Wrap Around Services/Case Management

Community Health for Asian Americans
 Richmond510-233-7555
Early Childhood Mental Health ..510-412-9200
Families in Transition.....510-236-5812
 (Opportunity West)
Familias Unidas Counseling Antioch 925-755-7775
 Brentwood925-634-4445
 Richmond510-412-5930
Wraparound Services.....510-236-5812
 (We Care Services for Children)

Clases del Manejo de la Ira Ordenadas por la Corte

Alpha Family Services510-435-5298
 Concord.....925-827-0212
Crockett Counseling Center925-370-6544
Mt. Diablo Adult Education925-685-7340
Peace Creations925-988-9505
Saving Our Sons and Daughters..925-432-4200
St. Joseph's Center for the Deaf ..510-881-2248

STAND!1-888-215-5555
Touchstone Counseling Services 925-932-0150

Clases para Padres Ordenadas por la Corte

Crockett Counseling Center925-370-6544
Mt. Diablo Adult Education925-685-7340
Peace Creations925-988-9505
Touchstone Counseling Services 925-932-0150

Cuidado Dental

Brookside Community Health Center
 Richmond510-215-5001
 San Pablo.....510-215-9092
Contra Costa Health Services Dental Clinics
1-877-905-4545
 Bay Point, Martinez, Pittsburg, Richmond
La Clínica Pittsburg Dental Clinic 925-431-1251
La Clínica Monument925-363-2005
Dental Hygiene Clinic.....925-685-1230
 (Diablo Valley College).....Ext.2534
University California San Francisco Dental School.....415-476-1891
University of the Pacific Dental School - SF415-929-6501
 Union City.....510-489-5200
Denti-Cal/Medi-Cal Dental Program
1-800-322-6384

Asistencia para Mujeres Embarazadas/Nuevos Padres

BREASTFEEDING
Contra Costa Breastfeeding Advice Line
1-866-878-7767
La Leche League1-877-452-5324

NEW PARENT

Hand to Hand Collaborative510-307-4401
Kit for New Parents925-755-4200
 (Child Abuse Prevention Council)
Newborn Connections.....925-798-0546
 (Child Abuse Prevention Council)
Prenatal Care Guidance925-313-6261
 Pittsburg925-431-2421
 Richmond510-231-8506
 (CC Health/First 5)
Welcome Home Baby925-943-2750
 (Aspiranet)

Examen de la vista/Lentes/Audifonos

California Vision Project1-800-877-5738
University California Berkeley Eye Care Center.....510-642-2020
Hear NOW1-800-648-4327
Lions Hearing Foundation, East Bay
925-687-3883

Asistencia Financiera

CalWORKs (Families)925-602-9379
Consumer Credit Counseling1-866-889-9347
Critical Family Needs (Concord).....925-825-3099
 (Brentwood).....925-308-7775
Season of Sharing925-521-5065

Centro de los Primeros 5

Antioch First 5 Center925-757-5303
Bay Point First 5 Center.....925-709-1598
Delta First 5 Center.....925-516-3880
Monument Community First 5 Center 925-671-3267
West County First 5 Center.....510-232-5650

Comida

Food Bank of Contra Costa & Solano
 Groceries, pantries, meals1-800-870-FOOD
Food Pantries / Soup Kitchens211
Food Stamps Antioch925-706-4980
 Brentwood925-513-3720

Hercules510-262-7700
Pleasant Hill.....925-602-9379
Richmond, Hall Avenue.....510-231-8100
Richmond, Macdonald Ave.....510-412-3000
Loaves & Fishes Dining Rooms ..925-687-6760
Antioch, Martinez, Oakley
Monument Crisis Center925-825-7751
WIC Program.....1-800-414-4942
 (Pregnant women breastfeeding or with children 0-5)

Seguro de Salud Niños 0-18

Basic Health Care (BHC)1-800-771-4270
Child Health & Disability Prevention (CHDP)
1-800-696-9644
Contra Costa Health Plan Options For Kids Only1-800-211-8040
Healthy Families1-800-880-5305
Kaiser Child Health Plan1-800-255-5053

HEALTHCARE INSURANCE ASSISTANCE

Health Access Line1-877-503-9350
US Uninsured Help Line.....1-800-234-1317
www.coverageforall.org

Familias sin Hogar

Bay Area Rescue Mission Shelters
 Men. .510-215-4868 Women/families.510-215-4860
Brookside Shelter (San Pablo).....1-800-799- 6599
 Women, pregnant women
Concord Shelter1-800-799-6599
 Women, pregnant women
Casa Vicentia (pregnant women).....510-729-0316
GRIP Resource Center510-233-2141
HPRP Rapid Re-Housing.....925-957-7575
Love-A-Child Shelter (Bay Point) ..925-458-5663
Mary's House (pregnant women).....510-236-0383
Shepherd's Gate925-308-7507
Transitional and Interim Housing 925-335-0698
 (Shelter Inc.)

Contra Costa County Guía Para Padres 2 de junio, 2010



Call 211
www.211database.org

Viviendas

Housing Authority of Contra Costa County
(Administraci n).....925-957-8000
HPRP Prevention Services925-957-7575
Pittsburg Housing Authority.....925-252-4830
Richmond Housing Authority.....510-621-1300

LANDLORD/TENANT

Pacific Community Services.....925-439-1056
Tenant/Landlord Counseling.....1-800-261-2298
(Housing Rights, Inc.)

RENTAL ASSISTANCE

Brentwood Family Service Center ..925-308-7775
Concord Family Service Center ..925-825-3099
Shelter, Inc......925-335-0698

Apoyo para Parientes

Kinship Support Services Antioch 925-706-8477
Concord925-602-1750
Richmond510-215-4671
(EMQ FamiliesFirst)
Second Time Around925-689-0176
Grupo de apoyo para abuelos criando nietos

Crianza de hijos LGBTQ

Children of Lesbians & Gays Everywhere
(COLAGE).....415-861-5437
Local LGBTQ Resources

.....www.EastbayPride.com
Gay & Lesbian National Hotline 1-888-843-4564
Parents, Families & Friends of Lesbians & Gays
(PFLAG)—Internet to find local group ..www.pflag.org
Rainbow Community Center.....925-692-0090

Atenci n M dica

Advice Nurse.....1-877-661-6230
Brookside Community Health Center
Richmond.....510-215-5001
San Pablo.....510-215-9092
Contra Costa Health Services Health Centers
.....1-877-905-4545
Antioch, Bay Point, Brentwood, Concord, Martinez,
Pittsburg, Richmond
La Cl nica Monument925-363-2005
La Cl nica Pittsburg.....925-431-1251
Mobile Health Clinic.....925-513-3107
Planned Parenthood.....1-800-230-PLAN
RotaCare Clinic Concord925-429-6409
Sutter Delta Charity Care
Antioch925-779-3676

Actividades para Padres Hijos

Acalanes Adult Education925-280-3980
Antioch First 5 Center.....925-757-5303
Bay Point First 5 Center.....925-709-1598
Delta First 5 Center.....925-516-3880
Family Literacy Program.....510-236-3900
(Catholic Charities of the East Bay)
Irvin Deutscher Family YMCA.....925-687-8900
Monument Community First 5 Center 925-671-3267
Mt. Diablo Adult Education925-685-7340
West County First 5 Center.....510-232-5650

Clases de Educaci n para Padres

Family Literacy Program.....510-236-3900
(Catholic Charities of the East Bay)
Martinez Adult Education.....925-228-3276
Mt. Diablo Adult Education925-685-7340
Multilingual, Multicultural.....925-372-4213
(YWCA of Contra Costa)
Positive Parenting Program925-706-8477
(Stand! For Families Free of Violence)

Depresi n Postparto

Postpartum Depression (PPD) Helpline
.....1-800-944-4773
Prenatal Care Guidance925-313-6261
Pittsburg925-431-2421
Richmond510-231-8506
(CC Health/First 5)
Welcome Home Baby925-943-2750
(Aspiranet)

Embarazo/Atenci n Prenatal

Black Infant Health Richmond.....510-236-6990
(Brighter Beginnings)
Healthy Start Martinez925-370-5495
Pittsburg925-431-2345
Richmond510-231-1340
Planned Parenthood Antioch.....1-800-230-PLAN
Concord, Richmond, San Ramon, Walnut Creek
Prenatal Care Guidance925-313-6261
Pittsburg925-431-2421
Richmond510-231-8506
(CC Health/First 5)
Safely Surrendered Baby1-800-833-2900
Teen Family Support Antioch.....925-757-5303
Richmond510-236-6990
(Brighter Beginnings)

SUBSTANCE ABUSE & PREGNANCY

Perinatal Outpatient Substance Abuse
(New Connections)925-363-5000
Ujima East.....925-427-9100
Ujima West.....510-215-2280
Wollam House925-458-1978

Servicios para Necesidades Especiales

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Down Syndrome Connection925-362-8660
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Early Intervention Services

Numeros de telefono de los distritos escolares
West Contra Costa Unified School District
.....510-233-1955
Mt. Diablo Unified School District 925-825-0144
San Ramon, Orinda, Moraga, Lafayette,
Walnut Creek Districts925-743-9710
Contra Costa County Office of Education
(para otros distritos escolares).....925-625-6330
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We Care Children's Center925-671-0777

Padres Adolescentes

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Richmond (Brighter Beginnings)510.236.6990
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Liberty Adult Education(Teens) .925-634-2565
RYSE Youth Center510-374-3401
Teen Parenting Classes925-706-5365
(Antioch Adult Education)
Teen Resource Center510-236-5812

**Necesita Ayuda y no
Sabe a Donde ir?**

Mar ue 211
24/7 Espa ol e Ingles

Para mas informaci n de recursos, visite:

www.211database.org

Esta gu a de recursos es un esfuer o de
colaboraci n del Centro de Crisis en Contra
Costa y Los Primeros 5 de Contra Costa



Cambios: 211database@crisis-center.org